SARAH’S SCHOOL OF MARTIAL ARTS

GRADING SYLLABUS FOR 9TH KYU TESTING FOR 8TH KYU (WHITE BELT TESTING FOR ORANGE BELT)

(Stripes do not apply to Teen class. Official testing comes after 26th class)

Requirements for 1st stripe on white belt: (attend 10 classes)

KIHON(BASICS): All done in zenkutsu-dachi (front stance)

Beginner class:

* Stepping forward punching chudan level (stomach level)
* Stepping forward punching jodan level (face level)
* Stepping forward blocking age-uke (rising block)

Teen class only:

* Stepping forward blocking ude-uke (outside forearm block)
* Hands down by sides, stepping forward kicking mai-geri (front snap kick)
* Stepping forward punching chudan level (stomach level) and jodan (face level)
* Stepping back blocking age-uke (rising block)

Requirements for 2nd stripe on white belt: (attend 10 additional classes)

KUMITE(SPARRING): By count

 Teen class only:

* Sanbon kumite (three step sparring). Attacking and defending to chudan and jodan levels.

Beginner class:

* Students must be able to establish basic understanding of three step sparring with an instructor. They will step forward in zenkutsu-dachi (front stance) and throw to jodan (face level) and chudan (chest level) which an instructor steps back and blocks.

Requirements for 3rd stripe on white belt: (attend 10 additional classes)

KATA(FORMS): Heian Shodan

 Teen class only:

* Perform all Heian Shodan

Beginner class:

* Know first 5 moves of Heian Shodan kata
* Hands down by sides, stepping forward kicking mai-geri (front snap kick)

Beginner class Requirements for Orange belt: (attend 10 more classes)

* Heian Shodan kata up until number 9 (first kiah)

**PLEASE NOTE: THE ABOVE IS FOR GUIDANCE ONLY. SENSEI MAY CHOOSE TO CHANGE, ADD OR LEAVE OUT ANY OF THE ABOVE IN YOUR EXAMINATION.**